



# Aquatics Schedule

# MAIN POOL

2024 April

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
5:00 AM	Closed	<p style="text-align: center;"><u>Adult Only All Lanes Open</u> 5:00-7:30</p> <div style="border: 2px dashed black; padding: 5px; display: inline-block; background-color: yellow;"> <p><b>Adult Swim Only</b> 5:00am-11:00am Monday - Friday</p> </div>					
5:15 AM							
5:30 AM							
5:45 AM							
6:00 AM							
6:15 AM							
6:30 AM	S U N D A Y	<p style="text-align: center;">Deep Water Toning &amp; Cardio w/Marge 7:30-8:30</p>			<p style="text-align: center;">Deep Water Toning &amp; Cardio w/Marge 7:30-8:30</p>	<p style="text-align: center;">Deep Water Toning &amp; Cardio w/Marge 7:30-8:30</p>	
6:45 AM							
7:00 AM		<p style="text-align: center;">Aqua-Zumba w/Velvet 8:40-9:40</p>	<p style="text-align: center;">Synapse Surf w/Rita 9:00-10:00</p>		<p style="text-align: center;">Aqua-Tabata w/Velvet 8:40-9:40</p>	<p style="text-align: center;">Synapse Surf w/Rita 9:00-10:00</p>	
7:15 AM							
7:30 AM		<p style="text-align: center;">Cardio-Water w/Fern 10:00-11:00</p>			<p style="text-align: center;">Cardio-Water w/Fern 10:00-11:00</p>	<p style="text-align: center;">Aqua-Zumba w/Velvet 10:00-11:00</p>	
7:45 AM							
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6:00 PM	Closed	<p style="text-align: center;">RUGBY Middle School 6:00-7:15</p>			<p style="text-align: center;">RUGBY Middle School 6:00-7:15</p>	<p style="text-align: center;">Cardio-Water w/Tim 6:30-7:30</p>	
6:15 PM							
6:30 PM		<p style="text-align: center;">Cardio-Water w/Tim 6:30-7:30</p>				<p style="text-align: center;">Cardio-Water w/Tim 6:30-7:30</p>	
6:45 PM							
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8:00 PM							
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8:30 PM							
8:45 PM							

**Please Note:**

**Adult Only Swim**  
5am-11am M-F

May operate on:  
**\*NO LIFEGUARD ON DUTY\***  
*Swim at Your Own Risk-  
\*WATCH YOUR CHILDREN\**

CLASSES HAVE PRIORITY USE OF POOL  
**No children during classes**

**Cardio Water**  
Strengthen your core and amp up your cardiovascular fitness with this high energy yet *low impact* workout!

**Deep Water Toning & Cardio**  
Total body conditioning using noodles, boards, buoys & all your muscles!

**Synapse Surf**  
Join the fun balancing on noodles, playing with balls and exercising your brain synapses as you have a great total body workout.

**Lap Swim**  
All five lanes are set aside for lap swim. Please see the Lap Swim Etiquette handout for how to share lanes. *Thank you for sharing!*

**Pool Deck Cleaning**  
(Pool Open)  
**1-4pm**  
FRIDAYS  
*\*pressure washer in use on pool deck\**

**Pool Hours of Operations**  
Sun 9am-5:45 pm  
Mon-Thurs 5am-8:45 pm  
Fri 5am-3:45 pm  
Sat CLOSED

Closed

Closed

All Lanes Open  
7:30-8:45